

## Intervention: Project STAR/Midwestern Prevention Program (MPP)

Finding: Mixed evidence

### Potential partners to undertake the intervention:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions        | <input type="checkbox"/> Businesses or labor organizations          |
| <input checked="" type="checkbox"/> Schools or universities               | <input checked="" type="checkbox"/> Media                           |
| <input type="checkbox"/> Health care providers                            | <input checked="" type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments                  | <input checked="" type="checkbox"/> Policymakers                    |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                                     |

### Background on the intervention:

Project STAR, formerly known as the Midwestern Prevention Program (MPP), is a multi-component intervention involving a school-based social influence curriculum, a parent program, mass-media programming, community organization, and health policy change designed to prevent drug and alcohol abuse among adolescents.

### Findings from the systematic reviews:

Systematic reviews provide mixed evidence for the effectiveness of Project STAR and MPP. Shepard and Carlson write that MPP is probably marginally effective, and White and Pitts report that MPP has proven effective with two- and three-year follow-ups. However, Foxcroft, et al., assert that the program is an ineffective intervention and do not recommend it.

Both the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the National Institute on Drug Abuse (NIDA) recommended Project STAR. However, the Office of Educational Research and Improvement (OERI) found insufficient evidence to either recommend or not recommend the program. See the links below for additional information.

### Additional information:

MPP - [www.colorado.edu/cspv/blueprints/model/programs/MPP.html](http://www.colorado.edu/cspv/blueprints/model/programs/MPP.html)

### References:

Foxcroft DR, Ireland D, Lister-Sharp DJ, Lowe G, Breen R. Longer-term primary prevention for alcohol misuse in young people: a systematic review. *Addiction* 2003 Apr; 98(4):397-411.

Shepard J, Carlson JS. An empirical evaluation of school-based prevention programs that involve parents. *Psychology in the Schools* 2003; 40(6):641-656.

White D, Pitts M. Educating young people about drugs: a systematic review. *Addiction* 1998 Oct; 93(10):1475-1487.

NIAAA - [Alcohol Alert: Preventing alcohol abuse and related problems](http://www.niaaa.nih.gov/publications/aa34.htm) - [www.niaaa.nih.gov/publications/aa34.htm](http://www.niaaa.nih.gov/publications/aa34.htm)

NIDA - [Preventing Drug Use Among Children and Adolescents: A Research-Based Guide](http://www.nida.nih.gov/Prevention/Prevopen.html) - [www.nida.nih.gov/Prevention/Prevopen.html](http://www.nida.nih.gov/Prevention/Prevopen.html)

OERI - [Exemplary and Promising: Safe, Disciplined, and Drug-Free Schools Programs](http://www.ed.gov/admins/lead/safety/exemplary01) - [www.ed.gov/admins/lead/safety/exemplary01](http://www.ed.gov/admins/lead/safety/exemplary01)